

March 21, 1999 edition of the St. Paul Pioneer Press. This article tells the extraordinary story of a St. Paul teenager who has been rewarded for her perseverance and dedication to her community.

Ms. Nou Ka Yang received the honor of being named The Boys and Girls Club Youth of the Year for the state of Minnesota. Ms. Yang has triumphed over the devastating circumstances of losing her father at the age of eight after spending time in a Laos Hmong refugee camp. She is currently a high school senior at Como Park High School where she is an honor student. She has maintained a 3.5 GPA and continues to support her community by doing activities such as translating for other Hmong residents who do not speak English.

The Boys and Girls Club Youth of the Year Award is a high honor that recently received the support of renowned talk show host Oprah Winfrey. The winners are chosen based on their leadership qualities, academic success, and ability to overcome obstacles. These are all qualities that Ms. Yang and the other candidates exhibit. Having youth in our communities with such promise allows me to feel comfortable about the future of our country.

Each state finalist receives a \$25,000 scholarship and proceeds to the regional level where they compete for additional scholarship monies. I wish Ms. Yang luck as she proceeds to the next level. I know that she will represent the Fourth District and the State of Minnesota well.

[From the Saint Paul Pioneer Press, Mar. 21, 1999]

ST. PAUL TEEN-AGER AWARDED \$25,000 OPRAH SCHOLARSHIP

(By Nancy Ngo)

A St. Paul high school senior has won the Boys and Girls Club Youth of the Year award, good for a \$25,000 Oprah Winfrey Scholarship for college education.

Nou Ka Yang, 18, a senior at Como Park High School, took top honors in the annual state competition that started in 1947. Until the nonprofit service club joined forces with the television celebrity last year, however, no cash prize was given.

Yang was chosen Saturday after interviews with judges at the Radisson Hotel St. Paul. She competed against three candidates from the Minneapolis, Duluth and St. Cloud youth clubs.

The Oprah scholarships were established by the entertainer to help children who otherwise might not be able to afford college. The Boys and Girls Club, which emphasizes working with underprivileged youth, was chosen by Winfrey because of its national work, said Marie Grimm, communications director of the St. Paul Boys and Girls Club.

Winners from all 50 states receive a \$25,000 scholarship. Yang now advances to the regional competition with prospects of winning an additional \$8,000.

Yang plans to attend the University of Wisconsin-River Falls, an option she doubts would have been possible had she not won. She wants to be a computer animator.

She was chosen for her leadership qualities, academic success and abilities to overcome obstacles. Yang, a Laotian Hmong refugee, arrived in the United States from a refugee camp in Thailand when she was 8 years old. She said her father was killed after returning to Laos from the refugee camp.

Yang has four brothers and two sisters. She said she often is busy helping her moth-

er with household chores, as well as taking care of her younger siblings.

Her demanding home life has not prevented her from becoming an excellent student. She ended her junior year with a grade point average of 3.5 Yang has been a member of the Boys and Girls Club for five years and is active at the organization's Mt. Airy public-housing complex location in St. Paul.

"She's an extremely hard worker," said George Latimer, former St. Paul mayor, who was one of the judges. He said he was impressed with Yang's ability to balance home and school tasks. Yang also contributes to her community in activities such as translating for Hmong residents who do not speak English, he added.

Yang sings in a church choir and is on the St. Paul Housing Authority's teen council, among other activities.

The other candidates for the youth award were Charles Adams, a senior at North High School in Minneapolis; Trena Ackerman, a sophomore at Deerfield High School in Duluth; and Tiffany Cherne, a sophomore at Apollo High School in St. Cloud.

The Boys and Girls Club is a nonprofit organization for children ages 6 to 10. There are six Boys and Girls Clubs in Minnesota: St. Paul, Minneapolis, Duluth, St. Cloud, Mille Lacs and Detroit Lakes. The clubs have drug-and-alcohol prevention programs, sports and social activities and offer career-education information.

#### TRIBUTE TO STEVE ARVESCHOU

##### HON. BOB SCHAFFER

OF COLORADO

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 13, 1999*

Mr. SCHAFFER. Mr. Speaker, I rise today to pay tribute to Mr. Steve Arveschoug, the General Manager of the Southeastern Colorado Water Conservancy District. Mr. Arveschoug has demonstrated an unparalleled commitment to his work on behalf of the district's many water users. He has emerged as a national leader on the complex and frustrating issue of Bureau of Reclamation oversight. Mr. Arveschoug's tireless efforts have led to a Congressional initiative to examine Bureau of Reclamation practices. Moreover, his keen eye for detail and persistence in negotiations has undoubtedly saved water users and the taxpayers a significant amount of hard-earned dollars. I commend Steve Arveschoug for his solid efforts, and I look forward to working with him in the future.

#### HONORING DR. MARY CEDERBERG

##### HON. LOIS CAPPS

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 13, 1999*

Mrs. CAPPS. Mr. Speaker, I rise today to bring to the attention of my colleagues an extraordinary doctor and friend who was recently honored for twenty-five years of outstanding service in Santa Barbara County—Dr. Mary Cederberg.

A graduate of the University of Missouri, Mary received her M.D. from the University of Louisville, Kentucky. She then completed a

Fellowship at Boston Children's Hospital and worked briefly at Harvard University. Since 1956, Mary has worked tirelessly as a pediatrician and an advocate for children.

During Mary's twenty-five years of service with the Santa Barbara County Public Health Department, she has directed the California Children's Services program as well as the Children's Health and Disease Prevention (C.H.D.P.) program. It is through the C.H.D.P. program that Mary has left her mark on the entire county of Santa Barbara, by providing innovative and comprehensive preventive care to thousands of children.

Mary is a dedicated, hardworking, hands-on doctor, who does whatever it takes to help the children and families she serves. It has been an honor to have worked with her for so many years. Dr. Mary Cederberg is a role-model for our nation and her service exemplifies how we want public health care to work. I will continue to look to Mary's vision and leadership as our nation addresses health care for children.

Mr. Speaker, today I celebrate Dr. Mary Cederberg's career and I commend her for years of service to the County of Santa Barbara and to our nation.

#### WOMEN'S HISTORY MONTH HONOREES

##### HON. MARTIN OLAV SABO

OF MINNESOTA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 13, 1999*

Mr. SABO. Mr. Speaker, as Women's History Month draws to a close today, I rise to salute a woman from my Congressional District in Minnesota whose long commitment to community service has proven her to be a true leader.

Betty Benjamin has been a lifelong proponent of women's reproductive rights, playing an active role in the pro-choice movement for 31 years. A former teacher and social worker, Benjamin helped organize the Abortion Rights Council of Minnesota in 1966, in light of her concern that existing law prohibited a woman's right to choose and caused many women with unwanted pregnancies to seek illegal, dangerous abortions. Through her leadership in the ARC—today known as the Minnesota National Abortion Rights Action League (NARAL)—Benjamin and the other unpaid volunteers worked countless hours in their effort to ensure that women have legal access to abortion. Their educating, lobbying, and fundraising efforts were rewarded in 1973 when the U.S. Supreme Court ruled in *Roe v. Wade* to legalize abortion.

But Benjamin's work did not end there. She has remained active in the pro-choice movement because of her concerns that the *Roe v. Wade* decision could be eroded. She led the Abortion Rights Council in Minnesota as president for 14 years, and has served as a board member of the National Abortion Rights Action League since 1967. She represents Minnesota NARAL as incoming chairperson of the Women Candidate Development Coalition, which recruits women across the state to serve in public office. She currently is a member of the National Organization for Women

(NOW), at both the state and national levels. Recently, Minnesota NARAL established the Betty Benjamin Leadership Development Fund to help identify, educate and train interested Minnesota college students for future leadership roles.

Benjamin's tireless efforts and many accomplishments on behalf of women's right to choose may best be explained in her own words: "My concern is that the full range of safe reproductive choices will be accessible to all our daughters and granddaughters. To make that a reality there is much each person can do." Betty Benjamin's life is a testament to her words.

Mr. Speaker, I am pleased to honor Betty Benjamin in celebration of Women's History Month. I thank her for her contributions to both the state of Minnesota and to our country, and I wish her continued successes in the future.

SUPPORT PASSAGE OF H.R. 912,  
THE MEDICAL USE OF MARIJUANA ACT

**HON. FORTNEY PETE STARK**

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 13, 1999*

Mr. STARK. Mr. Speaker, I rise today in strong support of H.R. 912, The Medical Use of Marijuana Act, introduced by Representative BARNEY FRANK. This bill would move marijuana from Schedule I of the Controlled Substances Act to Schedule II of the Act, allowing physicians to prescribe marijuana to patients with a clear medical need for the drug.

Institute of Medicine studies have shown that components of marijuana relieve symptoms associated with terrible diseases such as AIDS, cancer, glaucoma, and epilepsy. The New England Journal of Medicine also supports the medical use of marijuana in relieving the symptoms linked with these illnesses. As an appetite stimulant, marijuana can help prevent the weight loss associated with cancer and AIDS. It can alleviate the nausea and vomiting associated with cancer chemotherapy. Marijuana has also been proven to provide some relief to patients with glaucoma and epilepsy. Additionally, marijuana can provide pain relief to millions of patients suffering from conditions ranging from post-surgery pain to chronic muscle spasms. Often the alternative pain relief options for these conditions have serious side effects such as liver and kidney damage, stomach bleeding, and ulcers. Marijuana has never been shown to cause death or serious illnesses such as these.

Opposition to medical marijuana use has often focused on the belief that legalizing the drug for medical use will lead to an increase in its recreational use. I do not condone recreational use of marijuana, nor does H.R. 912 seek to increase illicit use. This bill is simply meant to treat marijuana as we treat drugs such as morphine. It would only be available to those with a doctor's prescription.

A recent Institute of Medicine report entitled "Medicine and Health Flash," concluded that there is no convincing data to support the belief that the medical use of marijuana will lead to an increase in its illicit use. The point

of making marijuana a Schedule II drug is so that it can be regulated as closely as other prescription drug with the potential for abuse. As we have learned in the failing, "War on Drugs," treating marijuana as an illicit drug in all circumstances not only fails to curb its recreational use, it eliminates a potential treatment for some of the most painful and terrible diseases. Treating marijuana as a prescription drug will give doctors more alternatives for alleviating the pain and suffering of their patients.

H.R. 912 would allow for the use and possession of marijuana by those who have been prescribed the drug by a physician. Passage of this bill will succeed in opening the door to increased research into the ways marijuana can be of a medicinal value. We must not eliminate the drug as a potential tool for alleviating the suffering of millions of Americans. I urge my colleagues to support the Medical Use of Marijuana Act.

TRIBUTE TO WILLIAM  
ZIMMERSPITZ

**HON. JIM SAXTON**

OF NEW JERSEY

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 13, 1999*

Mr. SAXTON. Mr. Speaker, I rise today to pay tribute to my dear friend, William Zimmerspitz, who is being honored this evening for his contributions to the community and his efforts on behalf of Judaism. Born in 1926 in Crakow, Poland, Bill survived the horrors of the Crakow-Plasow, Auschwitz, Rounienburg-Sachsenhausen and Mauthausen concentration camps during World War II.

Arriving in America in 1949, Bill lived first in Pennsylvania. He served as Vice President of Congregation Ohev Zedek, and was an active supporter of its day school, Beth Jacob, for 13 years. Oftentimes, when funds were low at the day school, Bill personally provided funding to meet the school's expenses. Bill Zimmerspitz is justly proud of his service as President of the Sabbath Observance Council of Pennsylvania.

Congregation Sons of Israel in Cherry Hill, New Jersey, is fortunate to number him among its dedicated Board members. At Congregation Sons of Israel, Bill takes an active part in various charitable efforts, most notable of which is the Gernilot Chesed fund, of which he was Chairman. Through this fund, those in need secure loans at favorable rates of interest.

As Chairman of the Cherry Hill Political Action Committee, Bill has provided outstanding leadership and much time and effort to influence U.S. policy on many issues of importance. Members of the U.S. Congress, governors and other government officials have been better able to do their jobs because of his extensive efforts.

Bill has served for several years on New Jersey's Commission of Holocaust Education, for which he spent a great deal of time traveling the State of New Jersey providing a vivid "verbal picture" of life in the ghetto and of his deep hope and belief that events such as these should never happen again.

Bill's reputation as a noted lecturer, teaching today's youth of the devastating consequences of hatred cannot be overemphasized. Unfortunately, health problems have surfaced which cause him to be unable to carry out the rigorous schedule he believes is necessary to continue his mission.

Mr. Zimmerspitz met his wife, Nancy, while living in Philadelphia, and there founded the W-Z Jewelry Company. Bill and Nancy have two daughters, Faye and Rochelle, and five grandchildren, of whom they are very proud. Three grandchildren, Aviva, Ricky and Ami live in Israel while two grandchildren, Jennifer and Ricky, live in Clifton, New Jersey.

While his contributions to Holocaust education will surely be missed, I am pleased to pay tribute to William Zimmerspitz, a true gentleman and one of the finest human beings I have ever had the privilege of knowing. A finer man you will never meet.

RECOGNIZING MARY LOUISE  
VIVIER

**HON. GEORGE RADANOVICH**

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

*Tuesday, April 13, 1999*

Mr. RADANOVICH. Mr. Speaker, I rise today on behalf of the City of Visalia and the Kaweah Delta Health Care District to recognize Mary Louise Vivier upon her retirement. Mary Louise is the former mayor of Visalia and has worked the past 17 years at the Kaweah Delta Hospital. Her accomplishments and activities are vast and varied and they have contributed much to the good of her community.

Mary Louise's education began in 1952 when she studied nursing at the University of California at Berkeley. Later, at the Kaiser Foundation School of Nursing she became a registered nurse. Mary Louise did not end her educational endeavors there; from 1958 to 1967 she went on to obtain three more degrees from the University of California system.

Mary Louise took her educational background to many fields. Most recently she was the Community Outreach Program Director for Kaweah Delta District Hospital for which she also served as Clinical Nurse Specialist. Mary Louise held several nursing, instruction, lecturing and leadership positions in the medical field.

Along with her extensive employment history, Mary Louise has been and still is involved with a number of organizations. She is currently involved in the American Association of University Women, the Sons of Italy in America Lodge, Networking for Women, the Tulare County Women's Symphony League, Soroptomists International of Visalia, Police Activities League, the Tulare County League of Mexican American Women and Pro Youth Visalia. In 1995 she was elected to the Visalia City Council, and served as Mayor of Visalia from 1995 to 1997.

Mary Louise Vivier has gone far above the call of duty to immerse herself in the needs of others and her community. She has dedicated her life to making Visalia a great place to live. I urge my colleagues to join me in recognizing